

Place the cutlets on a board. Remove the skin from the sausages. Cut the sausages in half and place a half on each cutlet with 1 whole sage leaf. Roll up the veal cutlets and tie with string to form *involtini* (page 282).

Finely chop the onion, garlic, celery, and carrot together on a board.

Heat the oil in a casserole over medium heat. When the oil is hot, add the chopped ingredients. Sauté for about 5 minutes, then add the *involtini* and cook for 5 minutes longer. Sprinkle with salt and pepper. Add the wine and let it evaporate for 5 minutes.

Transfer the *involtini* to a bowl. Cover with aluminum foil.

Cut the tomatoes into pieces and add them or the whole canned tomatoes to the casserole and cook for about 25 minutes. Taste for salt and pepper. Pass the sauce through a food mill. Return the strained sauce to the casserole and bring it to a simmer. Then add the half-cooked *involtini*. Cover the casserole and simmer for 15 minutes. At that time the meat should be tender and a smooth sauce should have formed. Transfer the *involtini* to a warm serving dish, removing the string. Pour the sauce over the *involtini* and serve immediately.

## Arrocciatto di Vitella

ROAST LOIN OF VEAL LACED WITH GREEN PEPPERCORNS AND SAGE

FROM MILAN

How to butterfly, stuff and roll a tender cut of veal for roasting to pink perfection is illustrated below. When sliced through, it makes an attractive presentation, and the striking flavor of the green peppercorns and sage will have penetrated throughout the meat.

To prepare this veal roast, you or your butcher must cut the loin in the Italian manner: the loin is in two parts, comparable to the fillet and contrafillet of beef, joined by bones. These two sections are called by many names, among them "eye of the loin" as opposed to the "top-loin." The two parts may be separated, leaving the bones attached to the "eye," and then removing the bones. A 4-pound boneless piece of either "eye" or "top-loin" may be used for the *arrocciatto*. In Italy they are called *nodini* and are used mainly for boneless roasts. It is not difficult to instruct your butcher to cut the loin in this way or to do it yourself. See also page 249, *Cima alla genovese* (Stuffed Pressed Veal Breast).

4 pounds veal top loin or 4 pounds veal "eye of the loin"

3 tablespoons green peppercorns, drained

10 large sage leaves, fresh or preserved in salt

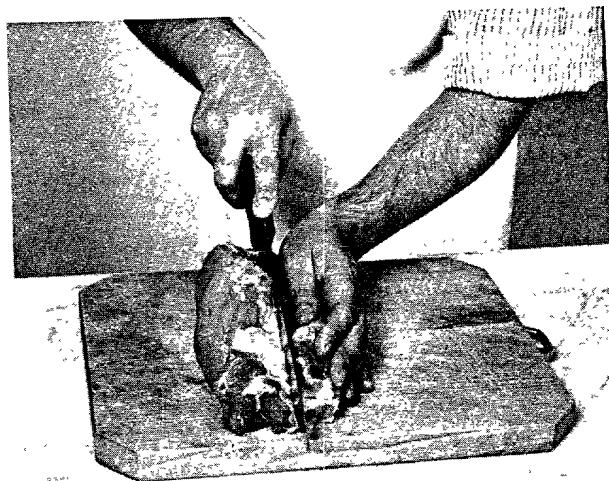
Salt and freshly ground black pepper

To prepare the meat for the *arrocciatto*, place the boneless whole fillet or contrafillet on a side that makes it wider than it is high.

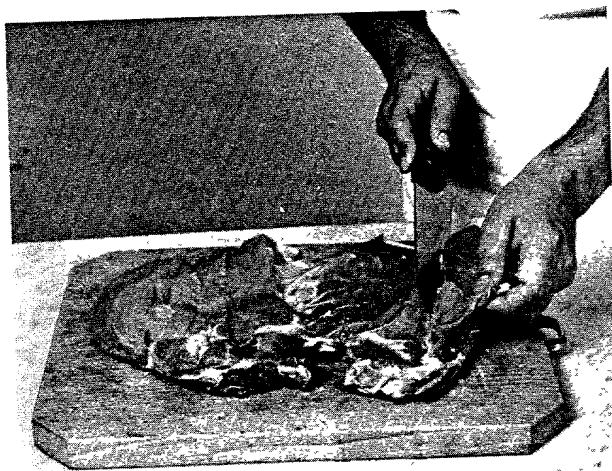
## HOW TO BUTTERFLY A TOP LOIN OF VEAL



1. Open the meat by cutting lengthwise through the middle,



2. with the knife inserted two thirds of the way in.

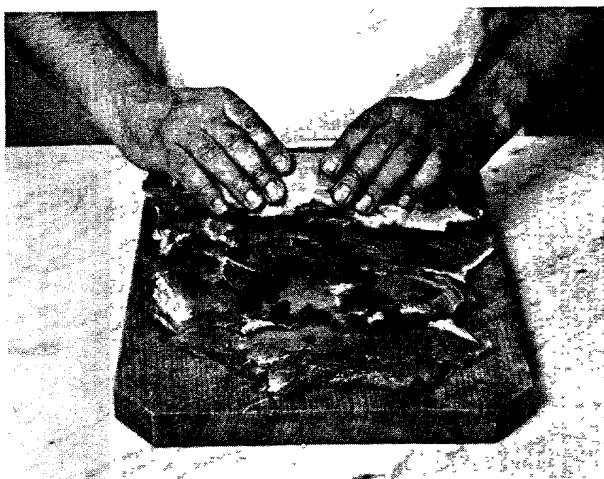


3. Then spread it flat like a large *braciola*.  
Wet two large sheets of wax paper with cold water and place the opened meat between them.



4. Flatten with a meat pounder.  
Remove the top layer of wax paper and sprinkle the green peppercorns over the meat.  
Place the sage leaves all over and sprinkle with salt and black pepper.

## HOW TO ROLL A TOP LOIN OF VEAL



5. Pick up one end of the meat with both hands and roll it up removing the bottom layer of wax paper as you roll.

Tie up the roll with string. Preheat the oven to 375 degrees.

Place the rolled up veal on the shiny side of a piece of aluminum foil. Sprinkle the outside of the meat with salt and pepper. Wrap the foil around it and place it in a baking dish. To get the veal to the proper pinkness, bake for about 45 to 55 minutes, depending on the thickness of the meat roll. Then remove from the oven and cool for 5 minutes.

Unwrap the aluminum foil and



6. slice the rolled veal like a loaf, removing the string from each piece.

## Vitello Tonnato (Original version)

VEAL WITH TUNA FLAVORING

FROM PIEDMONT AND LOMBARDY

One of the most famous of all Italian dishes, *Vitello tonnato* in recent decades has been converted into an easier dish in which a tuna flavored *maionese* is placed over slices of veal (usually roasted). The original recipe, probably no older than the nineteenth century, is, however, quite different, more interesting and more delicious. A very tender cut, such as the veal fillet, is braised together with the tuna and other flavorings. All of the tastes enter into the veal itself, rather than just being added as a piquant sauce. And there is no *maionese* in any of the older recipes. In Italy, this version is still thought of as the authentic way of making the dish, though the *maionese* version, particularly with prepared

## Bone loin and roll with the fillet

*This is an extremely luxurious and elegant roast that should be reserved for your most discriminating friends. The loin has a T-shaped bone with a fillet on one side and the loin on the other.*



1 Place the loin meaty side down. With your boning knife, cut down along the edge of the fillet following the chine bone.



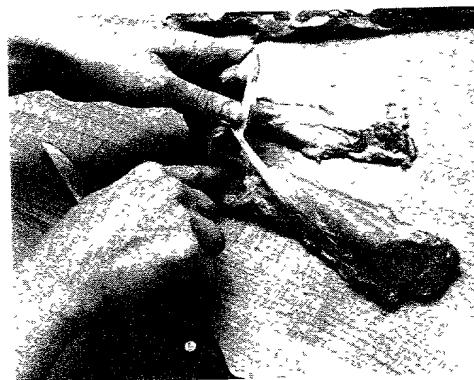
2 Pull the meat toward you and release the fillet all along the chine bone.



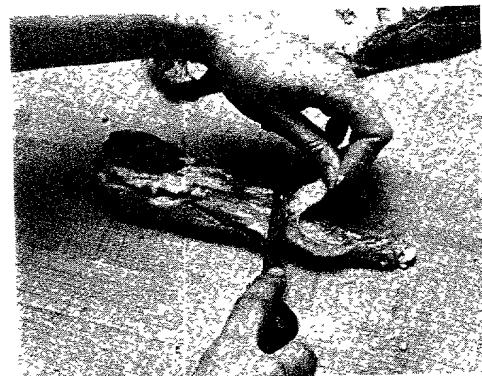
3 The fillet is attached by a membrane to the meat beneath it. Follow that membrane with your boning knife to release the fillet.



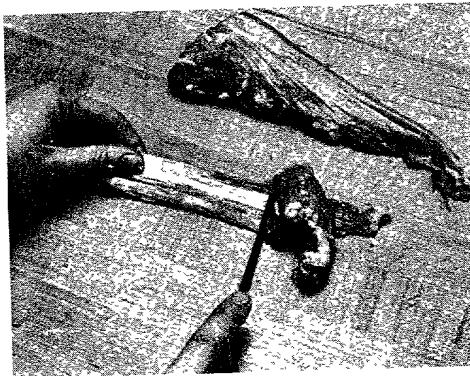
4 Use your fingers and your knife to pull the fillet out.



5 Pull off any fat from the fillet. A sinewy chain of meat that runs along the fillet can be pulled off with your fingers.



6 Lift up the tendon on the fillet, scrape it from the flesh with your knife, and remove.



7 Scrape the meat off the sinewy chain, which has a large membrane running through it, and reserve.

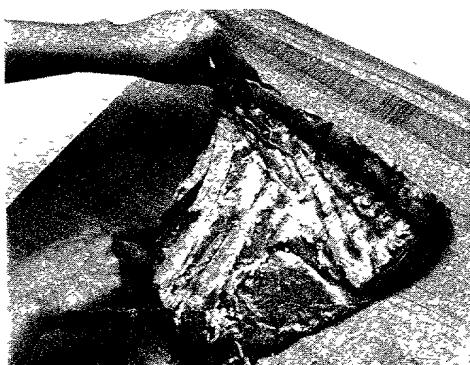


**8** Remove the fat from the bone side of the loin so you can see the bone structure underneath.



**9** Cut under the end of the T-bone to loosen it. Keep your knife next to the bone so that you do not cut into the flesh.

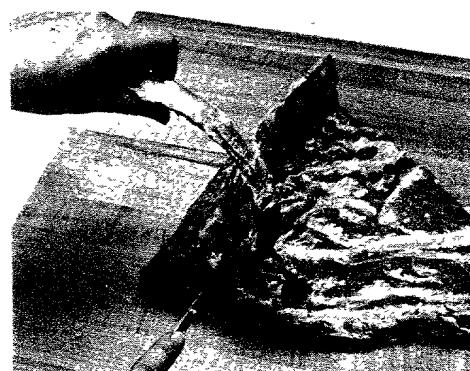
**Bone loin and roll with the fillet, continued**



**10** Cut down just to the flesh between each rib.



**11** Starting at the rib ends, carefully work your knife under each rib while lifting up on it.



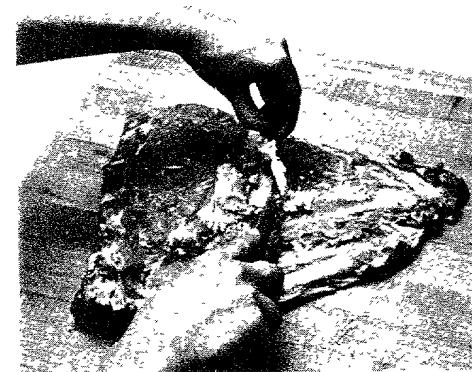
**12** When the rib is released from the flesh, pull it back over the chine bone and twist it off. Repeat with the other ribs, three in all.



**13** Turn the loin and follow with your knife under the bumpy vertebrae to loosen the chine bone.



**14** Turn the loin around and, from the opposite side, continue to cut under the chine bone to release it.



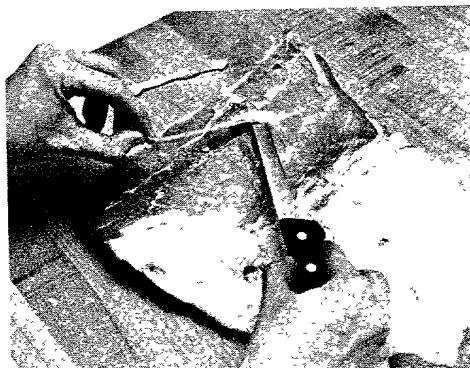
**15** Trim off any remaining fat and sinews from the loin.



16 Turn the loin over and cut off the layer of fat.



17 Under the fat is a membrane that should be removed. Pull it up and scrape it from the flesh in small pieces.



18 Keep scraping off the membrane, which is tedious but necessary because the membrane will not break down in the cooking.



19 Place the fillet and any scraps of meat from the sinewy chain on the thin end of the loin.

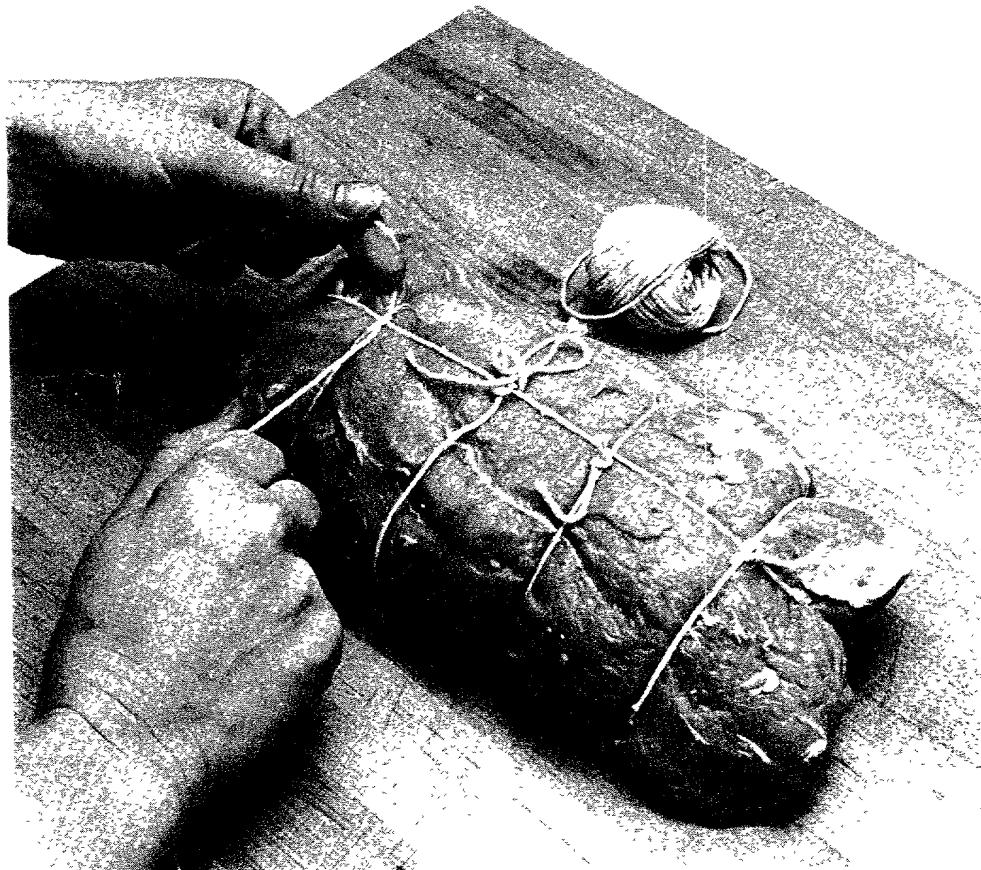


20 Roll the thin flap of meat over the fillet.



21 Roll into a compact roast.

**Bone loin and roll with the fillet, continued**

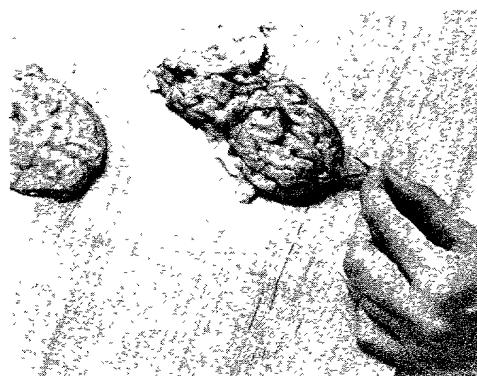


**22** Tie the roast once lengthwise. Then make ties at two-inch intervals along the length of the roast. It can then be roasted or braised.

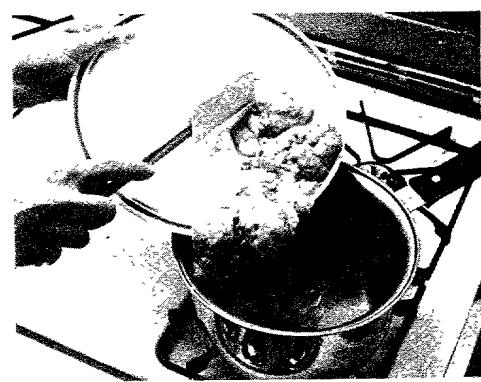
## VARIETY MEATS

### Clean and precook brains

*Brains, which come in pairs, have the most delicate texture and flavor of all the variety meats. Calf's brains are the most desirable. They are always simmered briefly to firm the texture before further cooking.*



**1** Soak the brains in cold water for several hours, changing the water frequently to remove any blood. Drain and carefully pick over the brains to remove any membranes and fibers.



**2** Put the brains in cold water with vinegar and seasonings. Bring to a boil, then lower the flame and simmer for a few minutes.

3. Crush whole peppercorns with a rolling pin or the edge of a heavy saucepan by spreading them out and pushing down and forward. You can hear them crack. Repeat until all the little corns are broken. Crushed peppercorn is called *mignonnette* in French cooking. Black peppercorns are preferred, being more flavorful and less pungent than white.



4. Salt the steak on both sides. Spread the *mignonnette* on the working surface and press the steak onto the pieces on both sides. Sauté the steak in hazelnut colored butter, 3 or 4 minutes on each side. The classic way to prepare steak *au poivre* is to deglaze the skillet with cognac, add some brown sauce and finish it with little bits of fresh butter. However, red wine is often added, as well as shallots and sometimes cream. Find your own variations.

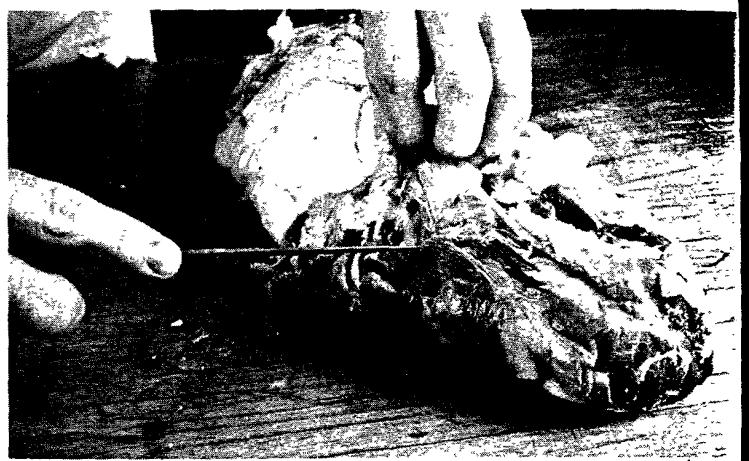


## 103. Préparation du Filet de Boeuf (Trimming Fillet or Tenderloin)

1. The whole fillet or tenderloin is one of the choicest parts of the beef. Untrimmed, this fillet weighs 9 pounds.



2. Start in the front of the fillet (the larger end), cutting and lifting the fat from the meat.



3. When the top layer of fat is loose, pull to separate it from the meat.



4. Keep pulling the thick layer open.



5. Then trim it off as closely as you can to the meat.



6. The "chain," a long, thin piece of meat that is full of gristle, should be removed although many restaurants and butchers leave it attached.



7. Pull the large lump of fat under the "head" of the fillet and



8. sever with your knife.



9. Turn the fillet upside down and pull the long, thin, fatty strip of gristle



10. from the corner under the head to the tail of the fillet. Sever.



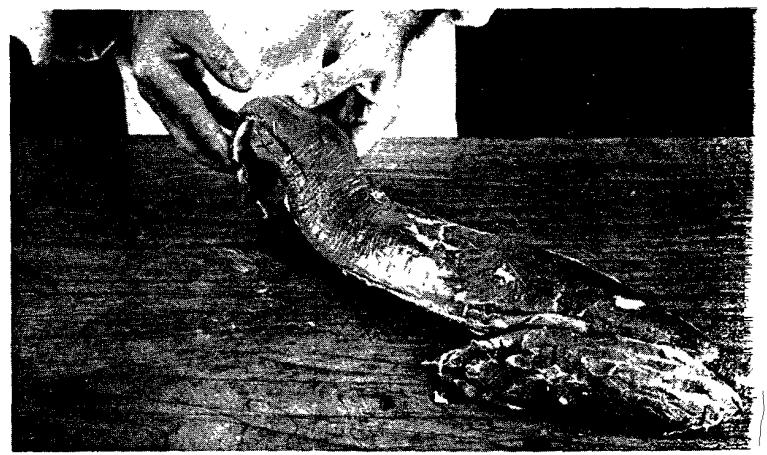
11. Placing the fillet back in its upright position, pull off the thin, veil-like layer on top to expose the large sinews.



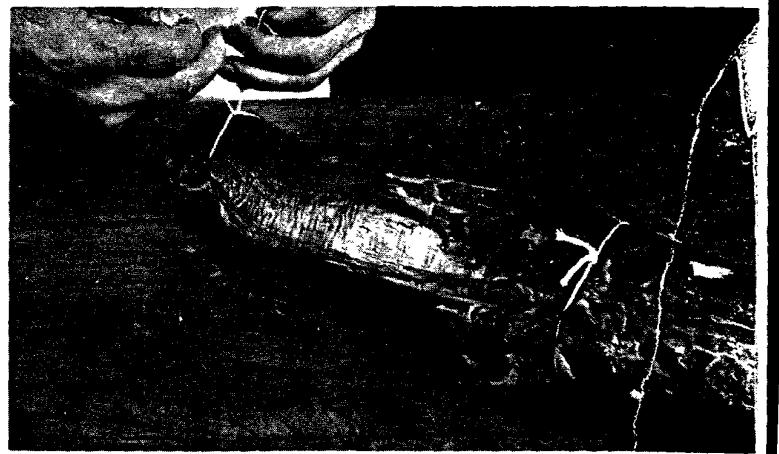
12. Using a sharp knife held on an angle, remove the sinews which cover the meat.



13. The meat, fat and sinew free, is completely nude. Fold the narrow tail underneath and



14. secure with a piece of string. Tie up the loose part of the front, also.



15. Trimmed fillet, oven ready. This fillet weighs  $3\frac{1}{2}$  pounds trimmed, a loss of almost two-thirds of its untrimmed weight. Sprinkle with salt and pepper. Melt half a stick of butter in a roasting pan and sear the meat on all sides for about 5 to 6 minutes on high heat. Place in a 425-degree preheated oven for 18 to 20 minutes, basting every 5 minutes. Let "rest" 10 minutes before carving.



## 104. Division du Filet de Boeuf

*(Cuts of Fillet)*

SOPHIE'S COOKING

1. When a trimmed beef fillet, technique 103, is not roasted whole, it is cut into a variety of steaks. The tail is cut into tidbits for fondue, or for sautées like stroganoff. Then, the tip of the head and



 National Pork Board

# Preparation Tips

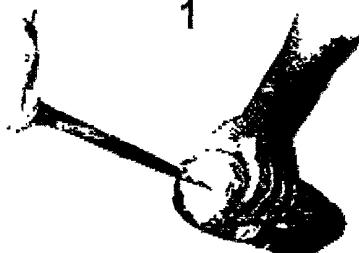
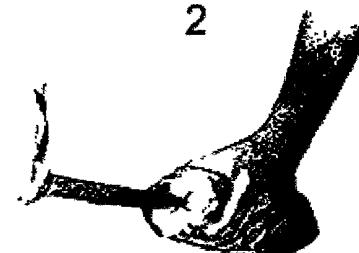
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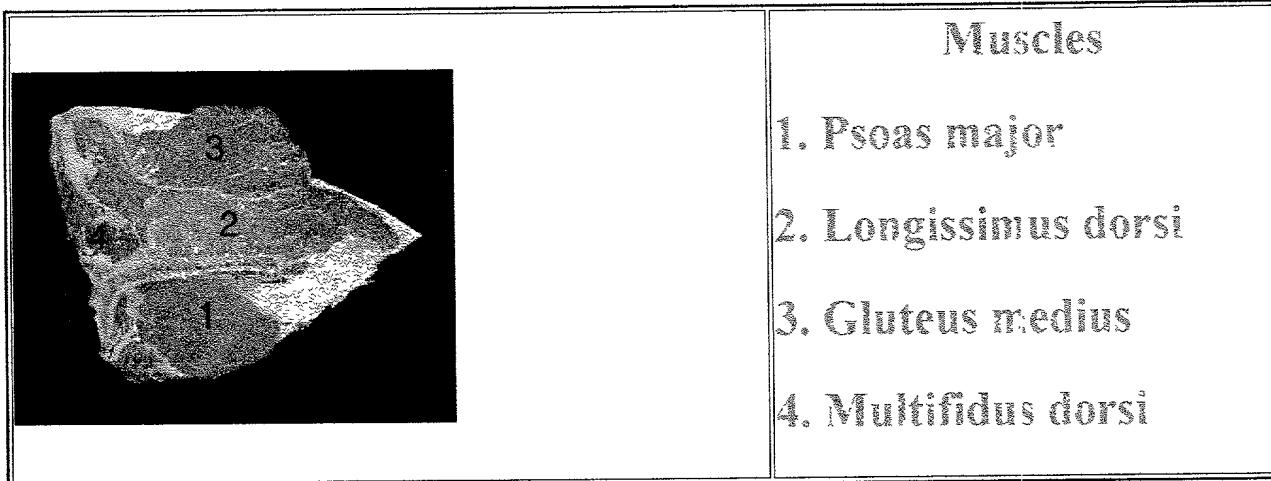
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**- Preparing A -**

## SAUSAGE-STUFFED PORK LOIN

 1	 2
<p>Insert a long slicing knife into center of face of pork loin, piercing pork loin clear through center.</p>	<p>Withdraw knife and insert knife again into face of pork loin, at an angle perpendicular to the 1st cut(creating an "x" in the face of pork loin).</p>
 3	 4
<p>Unwrap frozen smoked sausage; holding pork loin in one hand and sausage in other, force sausage into the pork loin through the "x" cut in the face of the loin.</p>	<p>If the sausage is longer than the loin and protrudes out of the end of loin, trim off excess sausage and discard.</p>

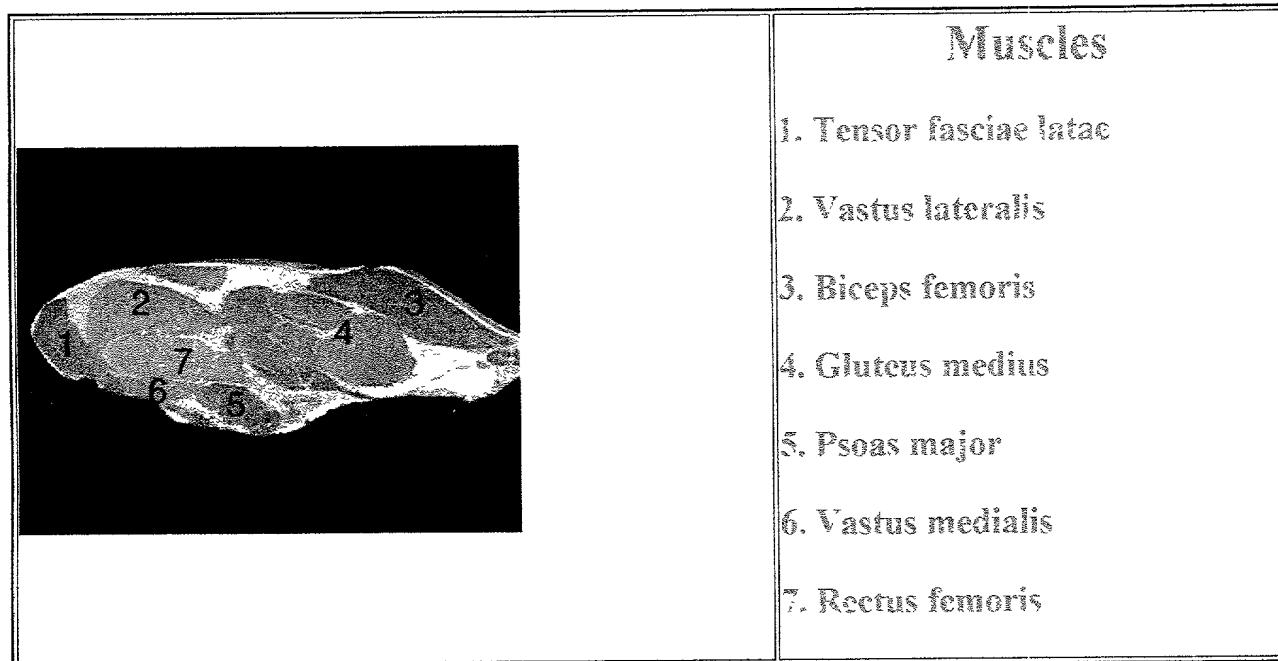
## Beef Loin Porterhouse Steak



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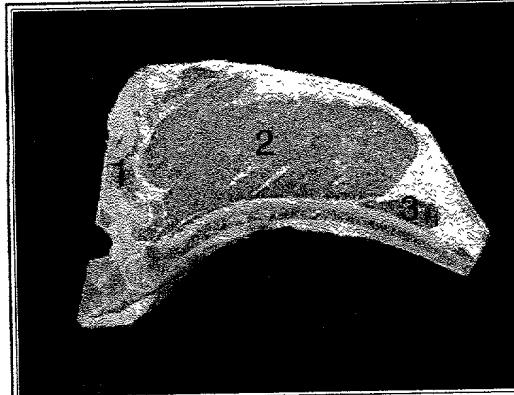
# Beef Loin Sirloin Steak



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# Beef Loin Top Loin Steak



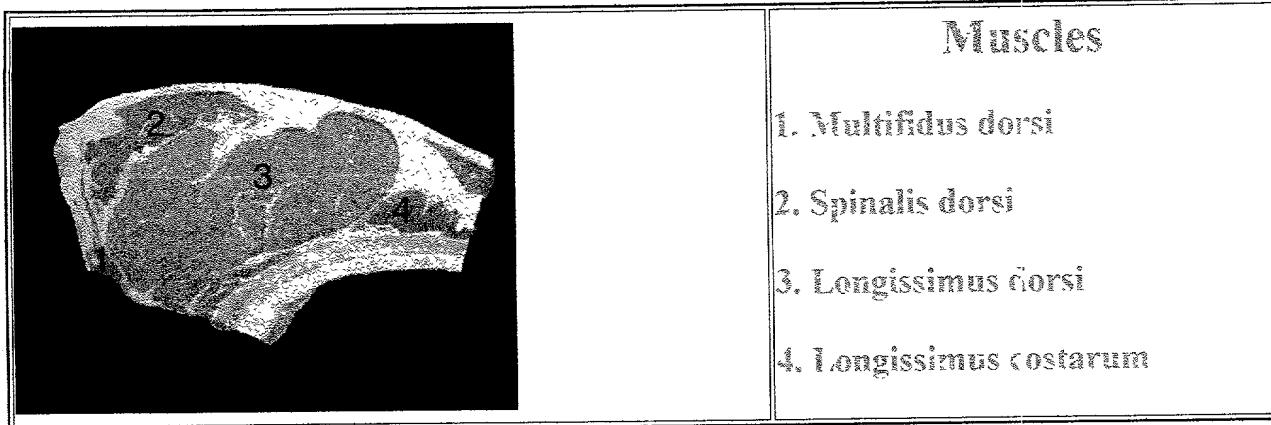
## Muscles

1. Multifidus dorsi
2. Longissimus dorsi
3. Longissimus costarum

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## Beef Rib Steak, Small End



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